

# Sourdough Buns

Makes 12 rolls or two small loaves of bread

## Ingredients

2 cups sourdough starter (42g)  
3 ½ cups wheat flour / bread flour (plain or brown) or even half and half  
250 ml water  
60 ml yoghurt or full cream milk\*  
4 tsp (20ml) cane sugar  
10 g salt  
60 ml vegetable oil

## What to do

### 1. Making the dough:

- a. Put the dry ingredients into a large bowl and make a slight well in the centre. Then add the wet ingredients.
- b. Mix for by hand or with the dough attachment of your mixer until everything is combined and you have a very soft dough. Do not knead.
- c. Cover the bowl and leave the dough to rest for one hour or overnight.



### 2. Not quite kneading – 3 times

After the dough has rested, turn it on to a lightly floured surface and stretch and fold (a full letter fold, left over right, right over left, bottom over top, top over bottom). Cover and leave to rest for one hour. Do this three times – an hour apart.

### 3. Make the rolls

- a. Preheat your oven to its hottest setting – bearing in mind that the rolls must prove for at least another hour.
- b. Weigh the now three-times proved dough and divide into 12 equal pieces. It should weigh between 1 to 1,2kg, so the rolls will be between 100 – 110 g each.
- c. Shape the pieces of dough into rolls and lay them on to an oiled baking tray, about 2cm apart – or further – if you don't want them to touch.
- d. For soft rolls, brush or spray with a little oil. For crustier rolls, dust with flour.
- e. Cover and leave to prove for another hour or two. If it's winter and cold, the proving will be longer and they benefit from being on top of the stove and the warmth of the heating oven. Be careful not to over-prove. A fault I'm often guilty of.

#### 4. Bake

- a. Test the rolls to see if they're ready for baking by gently pressing your finger into the dough. If the dent remains, they're ready to bake.
- b. Create steam in the oven by either putting a cup of water or ice blocks into a loaf pan and place this on the bottom of the oven.
- c. Place the rolls in the oven and bake for 20 to 25 minutes or longer for browner, crustier rolls.
- d. Transfer onto a rack and cool.

*Notes:*

1. To make a vegan-friendly version of these rolls, replace the yoghurt/milk with the same quantity of aquafaba.
2. I often start the dough and do the first “not” knead the evening before and then do the second and third the following morning so that we have fresh rolls for lunch. The added advantage of this approach is that the flavour develops overnight. In the height of summer, the dough goes into the fridge.
3. Timing for proving varies between summer and winter. In winter, make sure that the dough is in a warm place and if you can, make sure that you can seal the containers in which the dough proves.
4. It seems that brown bread flour has a lower yield and smaller rolls than white/plain flour. I use a standard cake flour for the white rolls.
5. Based on [this recipe](#).

